

THURSDAY MAY 18, 1946

Wrong Cooking Destroys Vitamin C in Vegetables

The greatest loss of nutrients results from improper cooking, especially vitamin C since it is readily soluble in water, according to extension nutritionists. Vegetables should be cooked quickly so as to prevent loss. If vegetables are cut in pieces for cooking, they should be cut lengthwise, as less nutrients are lost than when cut crosswise. Acids in citrus fruits and tomatoes protect ascorbic acid (vitamin C) from total destruction. Soda destroys this vitamin; therefore, it should never be used in vegetables or soups.

Fresh vegetables should be started cooking in boiling water (if any is used), or at a high temperature. If no water is used, vegetables should be turned over at first to prevent scorching and to cook uniformly, but they should be exposed to air as little as possible. The length of time required for cooking vegetables depends on their age and tenderness; cook until they are just tender, not soft and mushy.

The best method for cooking vegetables to prevent loss of vitamin C is to use some other vitamins and minerals are lost, baking in a covered pan in a small amount of water. The amount depending on age and tenderness of vegetables. To prevent nutrient loss, less vitamin C than when steamed or boiled, in the skins, then when baked.

Renovate Straw Hats With Kitchen Equipment

Many straw hats can be renovated with simple equipment from the kitchen or laundry. The dirty ones need a sponge bath with mild soap and lukewarm water. The crown is protected by filling it with crumpled paper, and the hat is laid on a towel covered table to help the brim retain its shape.

A soft brush—a toothbrush will do—is dipped in the suds and brushing is begun. More suds and less water is advised because an overly dampened hat will soon lose its shape. It's better to let the hat dry and repeat the process, if necessary, to remove last traces of suds than to ruin it completely with too much water.

Rinsing is accomplished with a cloth wrung from lukewarm water. Dry with a fresh cloth and your hat is ready to wear. If the color looks faded, a cloth wrung from an ammonia solution will help to brighten it. Use one teaspoon of ammonia to half a pint of water. Better exposure to the underside of the hat first to see how it will react.

Hog Feed

Each pig that is fattened alive but dies at weaning time, when about 10 weeks old—costs 120 pounds of additional feed. The pig that dies 8 weeks after being weaned represents a further loss of 100 pounds of feed. During the next 8 weeks of the pig's life it consumes about 242 pounds of feed. The final fattening period, usually of 4 weeks' duration, takes about 300 pounds of feed. Altogether, the finished hog ready for market has required 990 pounds of feed, or nearly half a ton. If the animal should die of hog cholera, for instance, at this final stage, all this feed is lost, so far as edible meat is concerned.

Deer Shelter

Wisconsin has in excess of 27,000 acres of land specifically acquired for the purpose of furnishing deer with food and shelter during severe winter conditions that drive them into close concentrations on such areas. The Game Conservation department announces that this acreage has been purchased at a cost of \$7,107.74, an average of \$2.61 per acre, under a law passed by the legislature in 1943. The law provides that 50 cents of each dollar derived from the sale of deer tags be used for the purchase of deer yards and to provide winter feed for deer. The special fund is divided equally between the two functions.

Mung Beans

The people of Asia eat mung beans boiled or roasted as well as in soup form. They grind the beans into flour and make noodles, vermicelli and so forth. The Chinese make starch from them for laundry use. Inferior in taste as beans to familiar American beans and peas, the mung bean sprouts make a welcome addition to raw salads as well as to cooked vegetable dishes. Especially in their raw state, they are rich in vitamins B and C. Their progress from a small proportion of America's restaurant menu to thousands of home dinner tables has been strictly a war phenomenon.

Insect Control

A new control for some of the garden bugs that have been chewing on vegetables is now available. A 20 per cent sal-dilla dust will give good control of the hornworm, cabbage bug, squash bug, leaf footed bug, southern stalk bug and blister beetle. These are all bugs that have been hard to control because of their size and feeding habits. This dust is made from soot of a fly plant and is not poisonous. It is not injurious to the plant. It acts as a contact poison and will kill the insect just as soon as it is dusted on it.

Hay Waxing Treatment

Conserves Carotene
Alfalfa and cereal grass can be stored with little loss of carotene if they are autoclaved, pressed into blocks, and the blocks sealed with flexible wax, according to the University of Wisconsin. While expensive, it offers possibilities for vitamin supplements such as alfalfa leaf meal or dried cereal grass. No other satisfactory method has been found to conserve the carotene in forage.

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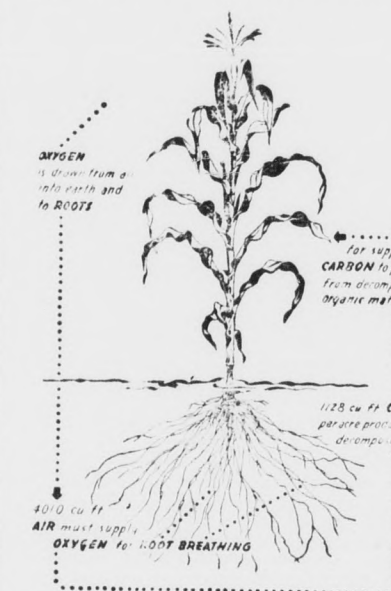


Correction of Soil Compaction Urged

Deep Plowing and Fertilization Needed

Heavy farm equipment used in plowing and harrowing land for crops and in cultivating and harvesting operations later, is harming the structure of some heavy textured soils and slating off ventilation needed for the roots of growing crops, according to Dr. George N. Hoffer, agronomist at Purdue University.

Soil, either dry or wet, is compacted by the weight of tractors and other heavy equipment to a depth of 18 to 24 inches, Dr. Hoffer pointed out. The secretary turned him over to the office manager, the office manager sent him along to a junior clerk, and the junior clerk passed him along to the janitor. The janitor, seeing him, said: "Well, what do you want?" His partner, who was with him, replied: "Nothing, nothing," rejoined the other, "but, boy, has that fellow got a system!"



Carbon dioxide released daily at the above rates will provide carbon for plants growing at 50 bushels per acre.

In the growing season," Dr. Hoffer declared. "At the same time the entry of approximately 400 cubic feet of air into the soil daily is necessary to support this combustion of the decomposing organic matter. "Thus changes in the compaction of the soil from 8 to 12 or 18 inches in depth due to heavy equipment interfere with these gas exchanges, and often contribute to the lack of oxygen deficiencies that result in the suffocation of the roots, or, in the possible accumulation of carbon dioxide and other materials toxic to the roots."

Correction of these soil compactions which occur immediately before the new furrows are very properly in the use of deeper plowing equipment. One new type of plow breaks the compacted soil in the 8 to 12 inch zone and permits better aeration and the deeper placement of fertilizers.

Aerosol Bomb Suited For Farm Buildings

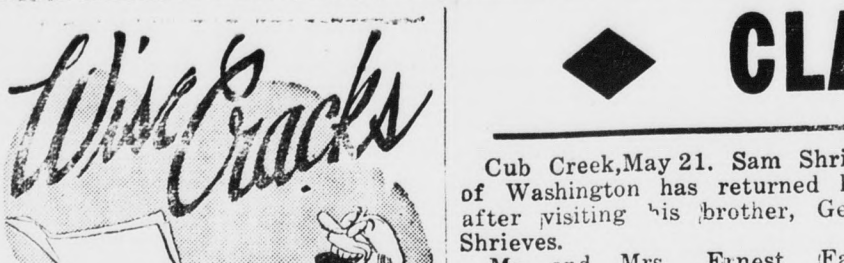
A small cylindrical metal container with a valve on top, the bomb dissolves in Freon. When the valve is opened to release the pressure, the Freon expands, changes to a gas and escapes from the bomb, carrying the insecticide with it.

Get rid of the flies and your cows will give more milk. Get rid of the flies and your hens will lay more eggs. Two wartime developments will make this possible. DDT, the new insecticide, and the aerosol bomb, the new insecticide dispenser, are the answers.

A small cylindrical metal container with a valve on top, the bomb dissolves in Freon. When the valve is opened to release the pressure, the Freon expands, changes to a gas and escapes from the bomb, carrying the insecticide with it.

How About Sorely Shoes?
Agent (sitting in house) has no children, dog, phonograph or piano. "I want to tell you my fountain pen leaks."

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EASING THEM OUT

Two enterprising young promoters sought to interest a certain Potomac bank in financing one of their schemes. They stood before the banker's palatial office. "I'll go in and see him," said one of the young men. "You wait right here until I come back."

By some lucky fluke the promoter succeeded in gaining an audience with the banker. The banker, who is interested closely in his proposition, and then sent him out to his secretary. The secretary turned him over to the office manager, the office manager sent him along to a junior clerk, and the junior clerk passed him along to the janitor. The janitor, seeing him, said: "Well, what do you want?"

"Nothing, nothing," rejoined the other, "but, boy, has that fellow got a system!"

GOLDEN OPPORTUNITY



Magistrate—What induced you to strike your wife?
Husband—Well, your honor, she had her back to me, the broom was handy and the back door was open, so I thought I'd take a chance.

Hard Reading
The Rev. C. T. Brady, whose book "A Missionary in the Far West," is filled with kindness and humanity, has not hesitated to dig himself in the following story: Dr. Brady was one day urging his congregation to make some real sacrifice for the cause of missions, suggesting that they even refrain from purchasing any book they might desire, in order to put that money to good use.

"Mr. Brady," said one clever lady, "I had intended to buy your book and read it, but I have concluded to follow your advice, and give the money to the mission."

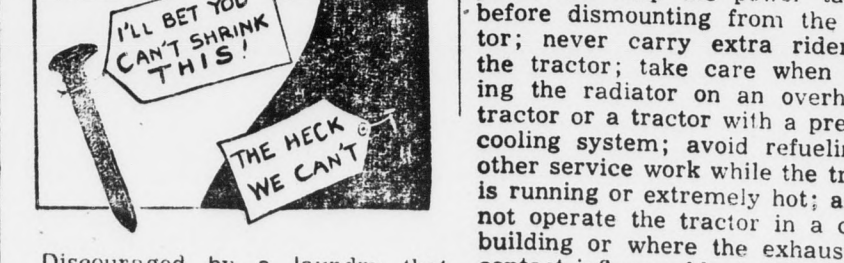
"Then," he exclaimed, "Mr. Brady, 'allow me to lend you my own copy to read.'"

Scriptural Quotes
Applying for a parole, Ted Benta, member of the notorious "Baby Face" Nelson gang, sent the following statement to the state parole board:

"In Luke 11:10, Christ says: 'Everyone that asketh receiveth and he that seeketh findeth, and to him that knocketh, it shall be opened. By virtue of this, how about a parole?'"

The parole board formally replied with another verse from the same chapter: Trouble me not; the door is now shut—Luke 11:7.

CALLS HIS BLUFF



Discouraged by a laundry that kept sending his clothes back so shrunk out of shape he couldn't get into them, a customer finally got mad and sent them a large billfold with the words: "I'll bet you can't shut this."

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Agent (sitting in house) has no children, dog, phonograph or piano. "I want to tell you my fountain pen leaks."

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CLASSIFIED SECTION

For Sale: Have nice fryers for sale. Also buttermilk. Call 192, or ask at residence. Mrs. Carroll Ould, (5-2-19).

Complete Beauty course \$100.00. Graduate in 2 1/2 months. No high school education necessary. Married or single girls. Diplomas given. Well paying position awaits you. Mayfair College of Beauty Culture, Lynchburg, Va. (5-2-19).

Willie Rush of Alexandria, is spending several weeks in the home of his brother Alfred Rush, of Red House.

Mr. and Mrs. Clarence Pugh of Madisonville, Mrs. Wilkerson, and Mrs. Estelle Calhoun, of Rolling Hill were guests in the home of Mr. and Mrs. W. D. Hunter Sunday afternoon.

Mr. and Mrs. Leonard Blackwell and Mrs. Annie D. Blackwell, of Petersburg, reached Lynchburg Sunday.

Mr. and Mrs. J. R. Redding have the birth of a son, and a daughter, at Baptist Hospital Sunday on the 6th day of May.

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Local Happenings

Just been informed that a regular strike is called tomorrow, it may cause a slight service. Therefore, the publisher will be at the office at 10 A. M. to meet the strike.

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Church News

METHODIST CHURCH
Floyd M. Lucas, Minister
Sunday School, 9:45.
Preaching Service, 11:00.
Subject: The Anniversary of the Wesleyan Convention.
Youth Fellowship, 7:15.
Miss June Holt, leader.
Fascinating Service, 8:00.

LIBERTY BAPTIST CHURCH
H. Frederick Jones, Pastor
Sunday at 11 A. M. Subject: "The Church's Destiny."
Sunday at 8 P. M. Subject: "The Church's Destiny."

EVERGREEN BAPTIST CHURCH
Rev. Cecil G. Carter, pastor
Sunday at 10 A. M. Sunday School.
11 A. M. Morning Worship.
7:30 P. M. Evening Worship.
Evergreen choir practice, Friday, May 24, 7:30 P. M. at church.
Central W. M. U. will have the mission study class in the church, May 29 at 8 P. M. at the church.

COLORED DOTS
The Silver Star quartet, from Clarksville, Va., will render a musical program at Gannan Baptist Church Sunday night, May 26, at 8 o'clock. There will be no admission charge.

IN THE BUCKS
"What's a phloer?"
"A guy who can get his hair cut the day before payday."

Three upland ladies were lunching at the Waldorf. Each was talking the other.
"My husband bought me a diamond bracelet," said the first, "but when I wore it, my skin broke out, and the doctor said I was allergic to diamonds. I had to take it back."

No Lettuce-Lover
The little woman had been converted to vegetarianism, and was forcing the family to subsist on lettuce. "Come, darlings," she said, "supper's ready."

Patricia lifted hungry eyes from his paper, and in a wan voice called out to his offspring, "Hurry, children, supper's waiting."

TO My Friends who have recently gotten electric current in their homes:
It was my intention to call on each of you to see if you wanted a Frigidaire or other electrical appliances. However, due to the many recent strikes, such articles are being manufactured very slowly. I will call to see you as soon as such goods are available.

LESTER F. HARVEY
Phone 8103

VETERANS OF FOREIGN WARS TO BE ORGANIZED IN APPOMATTOX

If you rate a Gold Bar for Overseas Service, You are eligible to join the only veteran fraternity that is composed exclusively of campaign service veterans. The Organization which sponsored the G. I. Bill of Rights Legislative Program, Adjusted Pay \$4.00 for men without foreign service. A National Home for widows and orphans.

APPOMATTOX IS GOING TO HAVE A POST-Get in early and be a Charter Member.
Don't Fail To Attend Friday Night's Meeting, May 31, 1946, 8:00 P. M. at COURT HOUSE. Application forms may be obtained from Julian Guill, Club Appo.

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Announcement

I have purchased the Store Building and business of CARL SPATZ, located across from Moses Motor Co., Appomattox, Va. I assumed operation of this business as of May 21st.

It is our plan and desire to run an up-to-date mercantile business with a full stock of groceries and general merchandise. The meat market will also continue.

I am glad to be back in Appomattox and invite all my friends to trade with me.

J. W. MARTIN

We offer a wide variety of goods suitable for GRADUATES—Shop with us and save.

SLACKS	\$1.00 to 1.98	Socks	29c to 50c
FANAIRES	49c to 1.00	Neckties	59c to 1.00
Brassieres	79c to 1.00	Handkerchiefs	25c
Anklets	19c to 45c	Suspenders	59c to 1.39
Handkerchiefs	25 to 49c	Belts	75c to 98c
Sport pajamas (sheer)	2.19	Sport Shirts	1.00 - 2.40
DRESSES	3.90	Slack Suits	6.49
Knitted Sport Shirts	1.69	Polo Shirts	2.19
Blouses	1.98 to 3.75	Shaving Sets	1.75 - 2.25
House Slippers	1.98 to 3.25	House Slippers	1.79
Woodbury Matched Sets	89c plus tax	Raincoats	5.75
Coty Powder	98c plus tax		
Evening-in-Paris Powder	1.00 plus tax		
Nail Polish Sets	1.00 plus tax		
Tangee Make-up Sets	1.00 plus tax		
Hobnail Colorme	1.00 plus tax		
Cuticle Sets	1.00 plus tax		
Ladies Billfolds	2.98 plus tax		

JENKINS

"The Economy Store"
Appomattox, Va.

LEE THEATRE

THE SHOWPLACE OF APPOMATTOX

COMING ATTRACTIONS

Friday, Sat., May 24, 25 Sunset Carson
CHEEROKEE FLASH
Also "WILDFIRE"
Monday, Tues., May 27, 28
Barbara Stanwyck in "MY REPUTATION"
Wed., Thurs., May 29, 30
Joan Crawford in:
"MILDRED PIERCE"